Lovingkindness Livestream Retreat 2027

with Oren Jay Sofer, Yong Oh & Jessica Morey

This program may be engaged as a silent retreat and/or as a compliment to daily life. If you would like to engage in a silent retreat, here is a suggested schedule for a home retreat. All times are listed in ET.

Sessions in bold are live sessions that are led by a teacher, and they will be livestreamed and recorded. Unbolded sessions serve as guidance for your at-home retreat container. There is no direct interaction with the onsite teachers during this retreat.

Please note that this schedule is subject to change.

Friday, May 28th

6:30 pm: Optional Technical Orientation with IMS Online (This session will review how to access the livestream and other program materials)

7:15 pm: Opening and Welcome

Saturday, May 29th - Thursday June 3rd

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:15 am: Walking Meditation

8:15 am: Sitting Meditation and Instructions

9:15 am: Walking Meditation

10:00 am: Sitting Meditation

10:45 am: Walking Meditation

11:30 am: Sitting Meditation

12:00 pm: Lunch

1:45 pm: Sitting Meditation

2:30 pm: Walking Meditation

3:30 pm: Guided Meditation and Reflection

4:15 pm: Walking Meditation

5:00 pm: Light Dinner

6:30 pm: Sitting Meditation

7:00 pm: Walking Meditation

7:30 pm: Dharma Talk

8:20 pm: Walking Meditation

9:00 pm: Sitting Meditation and Chanting

9:15 pm: Further practice or Rest

Friday, June 4th

5:30 am: Wake up

6:00 am: Sitting Meditation

6:30 am: Breakfast

7:30 am: Continue Practice in Any Posture

9:00 am: Course Closing

10:45 am: Retreat Ends